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The system of education pursued in this institution is designed to develop the moral, intellectual and physical powers of the pupils; to make them refined, accomplished and useful members of society. Pupils of all denominations are equally received—all interference with their convictions being carefully avoided. TERMS:—Board, Washing of Clothes, Tuition in English, and all kinds of Useful and Ornamental Needle Work, per Session of Five Months, are \$90.00—payable in advance. Terms for instruction in Music, Foreign Language, Drawing and Painting can be had by applying as below. Attached to the Convent, and totally separated from the boarding-school, is a SELECT DAY SCHOOL, in which the usual branches of sound and practical education are carefully imparted. Terms in the Day School will be, for the present, One Dollar per Month. Information may be had by applying in person or by letter, to MOTHER SUPERIOR, of the Convent of the Ursuline Sisters, Arcadia, Iron county, Mo.

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### Osteopathic Treatment.

(From Osteopathic Health.)  
[Published by direction of Dr. W. J. Smith, Arcadia Valley Sanitarium, to whom application for further information may be made.]

(Continued from last week.)

### ANOTHER WORD AS TO COLDS AND THEIR CURE.

Numerous references have been made throughout this issue to the treatment of "colds." Once more we would repeat the advice to give prompt attention to "colds." Let us make it emphatic. Never neglect a cold. Some people seldom have "colds;" others "catch cold" easily and are seldom free from the effects. The susceptible ones should especially be on guard. "Colds" lower the vitality, weaken the resisting power. They open the portals for the serious diseases of the respiratory organs. Catarrh, grippe, bronchitis, pneumonia, consumption, all may have their beginning in a cold. Rheumatism, as before stated, may result from cold.

You can not afford to dally with a "cold," as by doing so you are inviting more serious and dangerous disease.

If you have never tried it, you will be surprised and delighted to find how readily a "cold" can be broken up at the start by osteopathic treatment. If it is further advanced, this treatment will afford quicker relief and a speedier cure than anything else we know of.

### RHEUMATISM, THE DREADFUL.

Why is rheumatism a winter disease? That is, why is it more prevalent, and as a rule more severe during the cold season? Several reasons combine to give the answer. Diet is one of them. Generally more meats are eaten in the winter time, and meats, especially when used in excess, are a cause of rheumatism.

Another cause for the increase of rheumatic troubles in the winter is the greater frequency of "colds." Colds directly lead to rheumatism in a great many cases. Without discussion of the way in which it occurs, this statement may be accepted at face value. It is true.

In some cases lessened activity during the winter months leads to the taking on of superfluous flesh and an increase of the waste products in the system, and rheumatism is thus induced.

Lack of free elimination from the skin, kidneys, bowels or lungs tends towards the accumulation of rheumatism-producing poisons. In cold weather most people wear heavier clothing, perspire less, drink less water, and are out of doors less than in the summer time. The result is that all of the "excretories," or sewage outlets of the body, are more or less clogged.

### CONUNDRUM MAN ONCE MORE

This Time He Has a Fine One About Policeman and Civil Service Clerk.

"Say," whispered the man with the ruddy cheeks and the green handkerchief, leaning over the desk of the man with the bushy bald spot. "I've got a dandy for you to-day. You can use it if you want to. It's nothing to me. I believe when a man's a friend of a man he ought to give the man the benefit of what good ideas come to him from time to time. Live and let live is my motto."

"We're not handling mottoes to-day. What is the other thing?" asked the man at the desk, absent-mindedly trying to sharpen his fountain pen.

"What is the difference between a policeman who got his appointment through the influence of a brother-in-law who is in cahoots with an alderman and who is detailed to arrest people who have no vehicle license upon their wagons and carriages, and a civil service clerk whose duties consist in registering the descriptions and numbers of automobiles?"

"Why is a policeman who arrests three dozen hoboes less four like a man who happens up an alley and finds a chunk of dynamite behind a handbook shop?" asked the man with the bluish on his head. "Because he has located bum 32. Good morning."

"Very well," hissed the man with the luminous whiskers. "Very well! The answer to mine is that one nab the tagless and the other tabs the nagless, but I shall give it to some more meritorious literateur."

And the door closed, shutting off the breeze.

The undersigned has purchased the harness, saddlery and grocery stock formerly owned by W. P. McCarver and moved the same to the I. O. O. F. store room, where I am offering bargains in saddlery and harness, the like of which never was known here before. Come early if you want the best bargains. JAMES MCKINLEY.

### SHOW THEM YOUR TICKETS

This Will Surely Relieve the German Railway Guard of His Sadness.

Whenever a German railway guard feels lonesome, and does not know what else to do with himself, he takes a walk round the train and gets the passengers to show him their tickets, after which he returns to his box cheered and refreshed. Some people rave about sunsets and mountains and old, old masters, but to the German railway guard the world can show nothing more satisfying, more inspiring, than the sight of a railway ticket.

Nearly all the German railway officials have this same craving for tickets. If only they got somebody to show them a railway ticket, they are happy. It seemed a harmless weakness of theirs, and B. and I decided that it would be only kind to humor them in it during our stay.

Accordingly, when we saw a German railway official standing about, looking sad or weary, we went up to him and showed him our tickets. The sight was like a ray of sunshine to him; all his care was immediately forgotten. If we had not a ticket with us at the time, we went and bought one. A mere single third to the next station would gladden him sufficiently in most cases; but if the poor fellow appeared very woe-begone, and as if he wanted more than ordinary cheering up, we got him a second-class return. —Jerome K. Jerome, "Diary of a Pilgrimage."

### HINDU WIDOWS WIN RIGHTS

Those of Highest Class Are Now Being Allowed to Marry.

From her role of half-toy, half-slave to man, penned up in the seclusion of the zenana (woman's apartments), the woman of Hindustan is rising to equality with man. India is daily getting anxious to accord its women a humane and a just treatment. Sex inequality had decreed that while the widower was allowed to marry, even permitted to indulge in polygamy, the widow was forced to remain a widow. This injunction is no longer being faithfully obeyed. Widows of the highest castes are being allowed to marry. Moreover, Hindus are making special efforts to establish homes where young and old widows are kindly treated and taught how to be nurses, doctors, teachers and missionaries. The aim of these institutions is to inspire the widows to help toward the uplift of East Indian society and also to make them capable of supporting themselves instead of being charges on their relatives, as has been the case heretofore.

Polygamy was never very common in India, but to-day it is doomed. To-day the woman of India is leaving the privacy of her apartments, going to modern schools for education and entering the arena of public activity to help along the evolution of Hindustan. Schools and colleges especially designed for girls and neighborhood centers meant for the advancement of matured women are coming to be pronounced features of East Indian cities.—Review of Reviews.

### HER THREE ESSENTIALS

Smartest Looking Girl at Resort Gave Most Attention to Hair, Feet and Corsets.

"You're about the smartest looking girl on this piazza," remarked the old bachelor to the bronze-haired girl at a nearby summer resort. "How do you manage it?" As he knew she worked for a living 50 weeks in the year, she didn't mind.

"I'll tell you," she confessed, "because you can keep a secret and you know I don't have much money to spend. I have just two good points and I make the most of them. And then I always wear fine corsets."

"Huh!" he ejaculated. "What are the alleged good points?"

She smiled cheerfully: "Hair and feet."

He instantly surveyed each and nodded his approval.

"So," she went on, "as I can't afford much in the way of gowns, etc., I blow myself on shoes and stockings, which are much cheaper and quite as noticeable."

"Yes," he asserted; "the way you wear them."

"Then," she continued serenely, "I get the latest style of hair the minute it comes out. That keeps people so busy looking at my puffs they don't have time to notice my dress."

"But the—er—corsets?" he suggested, as she rose to go.

"An absolute necessity," she smiled back at him.

### Empress Uses Typewriter.

It is related that in passing through her husband's library recently the attention of the empress of Japan was attracted to a peculiar-looking machine. On learning that it was a typewriter, and having it explained to her, she became interested and began to hit the keys. Now, it is said, she does a good deal of correspondence for the emperor.

It is further reported that Queen Alexandra of England, Queen Maude of Norway, the czarina and the queen of Portugal are all fond of using the typewriter in corresponding with their intimates.

It is probable that all of them put together do not use the machine as much as Carmen Silva, the queen of Romania, who rattles her poems and stories on a typewriter. —E. Nicholas.

## After-Christmas Bargains!

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## Nervous Collapse

"I have traveled for thirty years continually. I lost a great deal of sleep, which together with constant worry left me in such a nervous state that finally, after having two collapses of nervous prostration, I was obliged to give up traveling altogether. I doctored continually but with no relief. Dr. Miles' Nerve came to my rescue—I cannot describe the suffering which this Nerve saved me. Whenever I am particularly nervous a few doses relieve me." A. G. C. LIBBY, Wells, Me.

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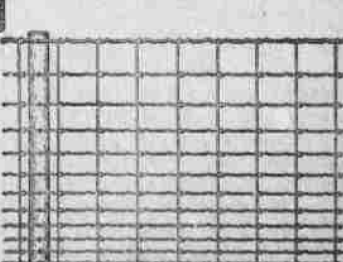
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